

Outcomes and Partners Report

July 2010 - August 2012



Celebrating the City of Des Moines -
Healthy Des Moines Movement
that Builds on our Successes



Public Health
Seattle & King County



Outcomes and Partners Report

July 2010 - August 2012

Working Together for a Healthy Des Moines

Des Moines' vision is an inviting, livable, safe waterfront community embracing change for the future while preserving our past. Our mission is to protect, preserve, promote, and improve our community by providing leadership and services reflecting the pride and values of our citizens.

Our Communities Putting Prevention to Work grant ignited a Healthy Des Moines Movement that builds on our successes as we create lasting policy, systems, and environmental changes that support healthy communities and put Des Moines in high ranking as a vibrant community in which to live, work, learn, play, and visit. We are very proud that in February 2012 Des Moines was one of eighteen "Local Health Champions" recognized by the National Centers for Disease Control and Prevention for our efforts to address health inequities and improve our community's health.

Please enjoy this *Outcomes and Partners Report* that documents our grant outcomes (July 2010-August 2012) and our ongoing Healthy Des Moines Movement!

Mayor Dave Kaplan

January 5, 2012:

Des Moines City Council adopts a "Healthier" Comprehensive Plan!



Des Moines City Councilmembers - Bob Sheckler, Dan Caldwell, Mayor Pro Tem Matt Pina, Mayor Dave Kaplan, Jeanette Burrage, Melissa Musser, Carmen Scott

Acknowledgements

This *Outcomes and Partners Report* was written by Sue Anderson, Policy Analyst and Denise Lathrop, AICP, Planning Manager under the leadership of the Des Moines City Council and the Healthy Des Moines Technical Advisory Committee with support by Public Health—Seattle and King County and Communities Putting Prevention to Work Consultants. The report was designed by Julie Zaballos, Three Tree Productions.

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Cultivating a Healthy Des Moines for generations and generations!

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Outcomes and Partners Report

Executive Summary

Des Moines Communities Putting Prevention to Work Grant Awarded

In 2010, the City of Des Moines received an 18-month Communities Putting Prevention to Work (CPPW) grant from Public Health – Seattle & King County (PHSKC) and the U.S. Department of Health and Human Services to develop a new Healthy Eating and Active Living (HEAL) Initiative. The purpose of the initiative was to increase access to opportunities for physical activity and nourishing foods and beverages through policy, systems, and environments that make “the healthy choice the easy choice.” The City worked closely with Public Health – Seattle & King County, the cities of Burien, SeaTac, and Normandy Park, and the Highline School District, all of whom are members of the Healthy Highline Communities Coalition (HHCC) and the state-wide CPPW Coalition.

The Healthy Des Moines Movement and Leadership

The CPPW HEAL grant ignited a Healthy Des Moines Movement led by the Des Moines City Council and a 12-member Healthy Des Moines Technical Advisory Committee (TAC) composed of City staff, community leaders/members, Public Health – Seattle and King County leaders, and consultants. The HHCC was also instrumental in moving Des Moines toward our outcomes. Behind every community movement stand Champions. There have been many Champions working together for a vibrant and livable Des Moines.

Chronic Disease Leads to the Adoption of a “Healthy Des Moines Element”

Des Moines is among many communities in the nation that are struggling to address critical issues related to public health including poor nutrition, lack of physical activity, and high rates of diabetes and obesity. Many of these issues are directly related to the design of the built environment that affects the health and well being of our residents, especially vulnerable population groups such as children, elderly, people of color, and low-income households.

Recognizing the critical health risks in our community and having gained best practice goals, policies, and strategies throughout the grant period, in January 2012 the Des Moines City Council adopted a “Healthy Des Moines Element” (Ordinance No. 1532) into the Comprehensive Plan and wove additional health-promoting goals, policies, and strategies throughout the Land Use, Transportation, and Parks, Recreation, and Open Space Elements.

New policies relating to land use, food access, and the transportation system provide a framework and identify the actions for making the necessary changes to build a healthy, vibrant Des Moines that fosters nourishing foods and beverages in our neighborhoods and active living in our community.

The City is one of the first communities nationwide to establish a “Healthy Element” in our Comprehensive Plan that addresses the link between public health and the built environment!

Notable policies support:

- Transportation system improvements that make it easier for children and their families to safely walk and bike to school.
- Des Moines Food Bank, Farmers Market, and other organizations that provide food assistance to low-income residents to increase intake of fresh fruits, vegetables, and other non-processed foods.
- Creation of community gardens.
- Implementation of nutritional standards and nutritious food and beverage procurement policies for City-owned and -operated facilities and City-sponsored programs.



Healthy Des Moines Technical Advisory Committee documents Policy, Systems and Environmental changes accomplished during the grant period.



Healthy Highline Communities Coalition

Des Moines Receives National Recognition as a Local Health Champion!

In February 2012, Des Moines was one of 18 “Local Health Champions” recognized by the National Centers for Disease Control and Prevention (CDC) for our efforts to address health inequities and improve our community’s health. This recognition is part of CPPW, an initiative to join community organizations, local cities, schools districts, and public health in addressing the leading causes of preventable death (e.g., heart disease, diabetes, obesity, cancer, etc.).

Healthy Des Moines Movement Outcomes and Partners Report

This report highlights our Healthy Des Moines champions and CPPW accomplishments within **14** policy areas to reduce chronic diseases in our community and to promote a healthy Des Moines.



Sue Anderson, Policy Analyst, receives Des Moines' CPPW Local Champion Award from Kadie Bell, PHSKC

Systems Changes

- Established new committee/work groups
- Increased understanding of the issues
- Increased knowledge, capacity
- Changed how key stakeholders think
- Created new tools
- Provided trainings
- Engaged residents, participants
- Established new partners, relationships, and networks
- Initiated cultural shift at the City
- Established new line items in City’s budget

Healthy Des Moines Policy, Systems and Environmental Accomplishments (July 2010-August 2012)

I/P - In Progress

N/A - Not Applicable

Policy Changes

Environmental Changes

| POLICY AREAS | POLICY ADOPTED | POLICY IMPLEMENTED | ACTION TAKEN | HEALTHY FOOD SERVED | INC PARTICIPATION IN ACTIVE LIVING |
|---|----------------|--------------------|--------------|---------------------|------------------------------------|
| Nutritious Food at Internal Meetings | YES! | YES! | YES! | YES! | N/A |
| Nutritious Food at City Run Programs | YES! | YES! | YES! | YES! | N/A |
| Nutritious Foods & Beverages in Vending Machines | YES! | I/P | YES! | I/P | N/A |
| Zoning for Urban Agriculture | YES! | I/P | YES! | I/P | N/A |
| Farmer’s Markets | YES! | YES! | YES! | YES! | YES! |
| Community Gardens/Urban Agriculture | YES! | YES! | YES! | YES! | YES! |
| Joint Use Agreement | YES! | I/P | YES! | I/P | I/P |
| Updated Comprehensive Plan – Nutritious Foods & Beverages | YES! | YES! | YES! | YES! | N/A |
| Updated Comprehensive Plan – Active Living | YES! | YES! | YES! | N/A | YES! |
| Complete Streets | YES! | YES! | YES! | N/A | YES! |
| Safe Routes to School | YES! | YES! | YES! | N/A | YES! |
| Bike/Pedestrian Trail Plans | YES! | YES! | YES! | N/A | YES! |
| Transportation Plan | YES! | YES! | YES! | N/A | YES! |
| Mixed Use; Land Use Planning | YES! | YES! | YES! | YES! | YES! |

Shared Commitment for Healthy Communities

Healthy Highline Communities Coalition Promoting Regional Vitality

Des Moines is a founding member of the HHCC. The HHCC was founded in 2009 by a dedicated group of Highline elected officials envisioning vibrant, livable communities! The HHCC cities and Highline School District collaborated to develop the the CPPW grant application and accomplish the CPPW grant outcomes. Together the cities and school district developed policy, system, and environment changes for healthier Highline communities. As an outgrowth of the CPPW partnership, the Coalition is developing a Joint Resolution to formally recognize their commitment to sustained participation, and giving reasonable consideration to all efforts brought forward by the group.



Photo left - HHCC Representatives: Left back: Colleen Brandt-Schluter, Susan Coles, Kate Kaehny, Mia Gregerson, Shawn McEvoy, Aimee Denver, Bernie Dorsey Left front: Anne Antonini, Amalia Leighton, Rose Clark, Sue Anderson and Caren Adams (staff not in picture: Dori Babcock and Chad Tibbets). **Photo right** - HHCC Meeting.

Healthy Highline Communities Coalition Elected Members

The HHCC's mission is to develop sustainable relationships to maximize resources and services to support thriving families, schools, and communities.



Melissa Musser
City of Des Moines



Matt Pina*



Bob Sheckler*



Rose Clark
City of Burien



Brian Bennett*



Shawn McEvoy
City of Normandy Park



Mia Gregerson
City of SeaTac



Terry Anderson*



Bernie Dorsey
Highline School District



Michael Spear*

*Alternate Members



"Policies, systems, and environments that promote a Healthy Des Moines are important investments in our City. They increase resident health and safety, benefit the economy and the environment, deter crime, and support our schools."

~Councilmember Melissa Musser

Healthy Des Moines COUNTS

15 HHCC meetings during the grant period in addition to monthly Saturday meetings for the elected members. For additional information, visit: www.healthyhighline.org

HHCC Envisions the Future



Healthy Des Moines Technical Advisory Committee

Health Planning Across Sectors

Upon receipt of the grant, Patrice Thorell hired Sue Anderson to manage the CPPW Healthy Des Moines Initiative. Sue's first task was to lead a cross-sector City/Community Technical Advisory Committee (TAC). The committee met monthly as they marched toward achieving the grant outcomes and deliverables.



The TAC includes City/Community representatives: Left to right: Brandon Carver (Transportation), Kim Richmond (Daisy Sonju Community Garden & Pea Patch/ Board Member Des Moines Waterfront Farmers Market/resident), Sue Padden (Senior Services), Patrice Thorell (Parks, Recreation and Senior Services/resident), Sue Anderson (CPPW Management/Policy), Rebecca Hall (Youth Services), Barb Shimizu (Des Moines Area Food Bank), Kory Batterman (Police), Steve Schunzel (GIS), Laura Techico (Planning). At table: Denise Lathrop (Planning), Val Allan (Highline School District), and CPPW consultants (listed on page 3).



CPPW Food Landscape consultants and Des Moines TAC meet to discuss food access, as they enjoy healthy veggies from Des Moines' Daisy Sonju Community Garden Pea Patch.

"The Healthy Des Moines Initiative has created more positive vision, policy development, collaborative networking, and initial results than any I have seen in my 20 years of living in this community."

*Barb Shimizu, Assistant Director
Des Moines Area Food Bank
and TAC member*



"Community change happens across sectors and with many champions. The Healthy Des Moines Technical Advisory Committee has led significant policy, system, and environment changes toward a Healthy Des Moines for the betterment of our community and the Highline communities."

*~Patrice Thorell
Parks, Recreation & Senior
Services Director*

Healthy Des Moines COUNTS

15+ Healthy Des Moines TAC meetings.

10+ Des Moines City Council presentations resulting in Policy, Systems and Environmental (PSE) changes within **14** policy areas.

1 Des Moines leadership position on the CPPW Governance team and in the development of the Healthy King County Coalitions Strategic Framework, <http://www.healthykingcounty.org/profiles/blogs/cppw-healthy-king-county-coalition-final-framework>

2 PHSKC's newsletter articles highlight Des Moines during the grant period (September 2011, Healthy Things Are Happening in the City of Des Moines; January/ February 2012, National Recognition of Local Health Leaders) <http://www.kingcounty.gov/health-services/health/partnerships/CPPW/newsletter.aspx>

Public Health-Seattle and King County Raising the Bar for Healthy Communities and Health Equity

Public Health by Design



Dr. David Fleming, director and health officer and Dr. James Krieger, program director, Public Health - Seattle and King County

As part of the CPPW grant, PHSKC provided consultant resources plus educational events for their CPPW grantees. These resources, along with leadership and technical support from PHSKC, help build Des Moines' capacity and success in making the necessary policy, systems, and environmental changes.

PHSKC's Consultant Grantees' Strategy (for working with CPPW grantees)

PHSKC and the CPPW consultant team helped Des Moines: assess current physical activity and nutrition environments, learn about best practices, create tools, provide engagement and education, and implement change strategies.



Local Government Implementation Strategy



PHSKC documented Des Moines' milestones and implementation activities for each of **14** policy areas using a monthly progress reporting tool that aligned with the *Local Government Implementation Strategy* and other evaluation strategies outlined in the *City of Des Moines Local Government Evaluation Plan* prepared by Laurie Ringaert, CPPW Evaluator, PHSKC.

Our CPPW Partners

Agencies/Organizations:

- Centers for Disease Control and Prevention
- Public Health – Seattle and King County
- City of Des Moines
- Childhood Obesity Prevention Coalition
- CPPW Coalition
- Des Moines Daisy Sonju Community Garden
- Des Moines Farmers Market
- Des Moines Area Food Bank
- Healthy Planning/Built Environment Group – HHCC and Cities of SeaTac, Federal Way, Kent, Redmond, and Snoqualmie
- Healthy Highline Communities Coalition
- Highline School District
- Midway Elementary School
- Public Health Law and Policy
- Prevention Institute
- Puget Sound Regional Council
- Safe Routes to School National Partnership

Consultants:

- SvR Design Company
- Alta Planning and Design
- Bicycle Alliance of Washington
- Cascade Bicycle Club
- Collins Woerman
- Feet First
- University of Washington Department of Urban Design and Planning, Northwest Center for Livable Communities
- Urban Food Link

CPPW Logic Models

During the CPPW grant period, PHSKC provided Logic Models as part of the Des Moines' Evaluation Plan. The Logic Models provide the theory of how all aspects of the grant project worked together to create results. The model shows that if the various resources and supports are supplied, and if the project activities are implemented, that anticipated outputs (i.e., short-term, intermediate, and long-term outcomes) will result.

Logic Model: Healthy Food Environment

| Inputs/Enablers | Implementation Process | Out Puts | Outcomes – Impact | | |
|---|---|--|--|--|---|
| | | | Short (Feb 2012) | Medium | Long |
| STAFF AND RESOURCES <ul style="list-style-type: none"> Administration CPPW/PHSKC Grant CPPW Staff Local Government Staff CONSULTATIONS AND TRAININGS <ul style="list-style-type: none"> CPPW Planning Consultant UW Northwest Livable Center CPPW Trainings & Consultants Use of best practice tools and guides (PLANET, etc.) CPPW COMMITTEES <ul style="list-style-type: none"> Highline Coalition Built Envir WG CPPW Coalition CPPW Prevention Summit LOCAL GOVT COMMITTEES <ul style="list-style-type: none"> Advisory committee PROJECT PLANNING <ul style="list-style-type: none"> Dissemination Plan Transferable consultation Plan Community Engagement Plan Evaluation Plan and Process | PREPARE <ul style="list-style-type: none"> PHSKC baseline inventory PHSKC assessment Health/Equity/Cultural/Health Needs Set Priorities CONDUCT, LEARN, PLAN <ul style="list-style-type: none"> PHSKC Planning PHSKC Baseline Incorporate best practices Stakeholder and community engagement Interaction with elected officials on changing perspectives Organizational change strategies CHANGE <ul style="list-style-type: none"> Develop proposed vision, policy, plans, strategy plans Update for Comprehensive Plan APPROVE <ul style="list-style-type: none"> Present findings and preliminary plans, policy recommendations, comprehensive plan amendments to City Council and Planning Commission | <ul style="list-style-type: none"> Completed training and education key stakeholders Completed baseline analysis report of health/Equity/Cultural/Health Needs Completed baseline analysis report of local government health/Equity/Cultural/Health Needs Completed Healthy Food action plan Completed Amendments to Comp Plan Adopted/Completed vision plan, policies, system changes Establishment of an on-going advisory group Completed Evaluation of project | POLICY CHANGES <ul style="list-style-type: none"> Changes to policies, plans, procedures reflecting healthy food planning equity lens Change in culture of local government Changes to types of data collected Increased capacity of local government will find them credible/acceptable understand the links of health, inequities and built environments Changes to Council members knowledge and understanding of health, equity and healthy foods New effectiveness of local government departments in planning and design Increased networking, support and resources gained through new alliances Environmental Changes Increased number of healthy food options within local government | ENVIRONMENTAL CHANGES <ul style="list-style-type: none"> Actual changes in infrastructure including increased number of farmers markets, community gardens, healthy food at retail and restaurants Residents participate in healthy eating options Local government is healthy food leader in all programs POLICY CHANGES <ul style="list-style-type: none"> Comprehensive Plan (2014) has been adopted and indicates increased focus and language linking healthy foods and planning Policy changes made to increase healthy food options SYSTEMS CHANGES <ul style="list-style-type: none"> Changes in election standards, and procedures Programs and incentives in place to encourage healthy eating Local Government Council is now "walking the talk" by viewing and making decisions through the health/Equity/Cultural/Health Needs lens and allocating budget Marketing of the new healthy food changes is occurring Marketing of the new healthy food changes is occurring targeting economic development | <ul style="list-style-type: none"> Healthier residents especially people with low income, racial and ethnic minorities, and young and old age groups in the following areas: <ul style="list-style-type: none"> Decreased overweight and obesity rates Decreased diabetes and other chronic diseases Increased consumption of fresh fruits and vegetables This city is considered to be a vibrant, livable community that is noted by opinion surveys that it is an attractive, enjoyable place to live, work, play and visit. It is attracting increased number of companies, new residents, workers, tourists/visitors because of its design and policies |



CPPW Built Environment Committee (Staff representing 7 Cities, CPPW Consultants, and PHSKC) participated in Built Environment meetings.

Healthy Des Moines COUNTS

13 Built environment meetings with all **7** of their City grantees

1 Des Moines Local Government Evaluation Plan (with **2** Logic Models and more!)

50+ Grantee webinars, workshops and meetings

1 CPPW Coalition

1 Online education network - Healthykingcounty.org (search city of Des Moines)

Logic Model: Healthy Built Environment

| Inputs/Enablers | Implementation Process | Out Puts | Outcomes – Impact | | |
|--|---|--|---|--|---|
| | | | Short (Feb 2012) | Medium | Long |
| STAFF AND RESOURCES <ul style="list-style-type: none"> Administration CPPW/PHSKC Grant CPPW Staff Local Government Staff CONSULTATIONS AND TRAININGS <ul style="list-style-type: none"> CPPW Planning Consultant CPPW Trainings & Consultants (UW PHSKC, Cascade) Use of best practice tools and guides provided by Project CPPW COMMITTEES <ul style="list-style-type: none"> Highline Coalition Built Envir WG CPPW Coalition LOCAL GOVT COMMITTEES <ul style="list-style-type: none"> Joint use task force Tech advisory committee PROJECT PLANNING <ul style="list-style-type: none"> Stakeholder consultation plan Dissemination Plan Evaluation Plan and Process | PREPARE <ul style="list-style-type: none"> PHSKC baseline inventory PHSKC assessment Health/Equity/Cultural/Health Needs Community Engagement Activities Set Priorities CONDUCT, LEARN, PLAN <ul style="list-style-type: none"> PHSKC Planning PHSKC Baseline Incorporate best practices Stakeholder and community engagement Interaction elected officials on changing perspectives Organizational change strategies CHANGE <ul style="list-style-type: none"> Develop proposed vision, policy, plans, strategy plans Update for Comprehensive Plan Update for Joint Use Agreement Update for Comprehensive Plan Update for Joint Use Agreement Update for Comprehensive Plan Update for Joint Use Agreement APPROVE <ul style="list-style-type: none"> Present findings and preliminary plans, policy recommendations, comprehensive plan amendments to City Council and Planning Commission | <ul style="list-style-type: none"> Completed training and education key stakeholders Completed baseline analysis report of health/Equity/Cultural/Health Needs Completed baseline analysis report of local government health/Equity/Cultural/Health Needs Adopted/Completed vision and plans will find them credible/acceptable understand the links of health, inequities and built environments Changes to Council members knowledge and understanding of health, equity and built environment New effectiveness of local government departments in planning and design Increased networking, support and resources gained through new alliances Engagement of target population local residents through ongoing process | POLICY CHANGES <ul style="list-style-type: none"> Changes to policies, plans, procedures reflecting healthy food planning equity lens Change in culture of local government Changes to type of data collected Increased capacity of local government will find them credible/acceptable understand the links of health, inequities and built environments Changes to Council members knowledge and understanding of health, equity and built environment New effectiveness of local government departments in planning and design Increased networking, support and resources gained through new alliances Engagement of target population local residents through ongoing process | ENVIRONMENTAL CHANGES <ul style="list-style-type: none"> Actual changes in infrastructure Comprehensive Plan (2014) has been adopted and indicates increased focus and language linking health and planning equity Changes in election standards, and procedures to reflect best practices in Comprehensive Plan Local Government Council is now "walking the talk" by viewing and making decisions through the health/Equity/Cultural/Health Needs lens and allocating budget Marketing of the new built environment changes is occurring Marketing of the new built environment changes is occurring targeting economic development | <ul style="list-style-type: none"> Healthier residents especially people with low income, racial and ethnic minorities, and young and old age groups in the following areas: <ul style="list-style-type: none"> Decreased overweight and obesity rates Decreased diabetes and other chronic diseases Increased walking and cycling Increased active leisure activities This city is considered to be a vibrant, livable community that is noted by opinion surveys that it is an attractive, enjoyable place to live, work, play and visit. It is attracting increased number of companies, new residents, workers, tourists/visitors because of its design and policies |



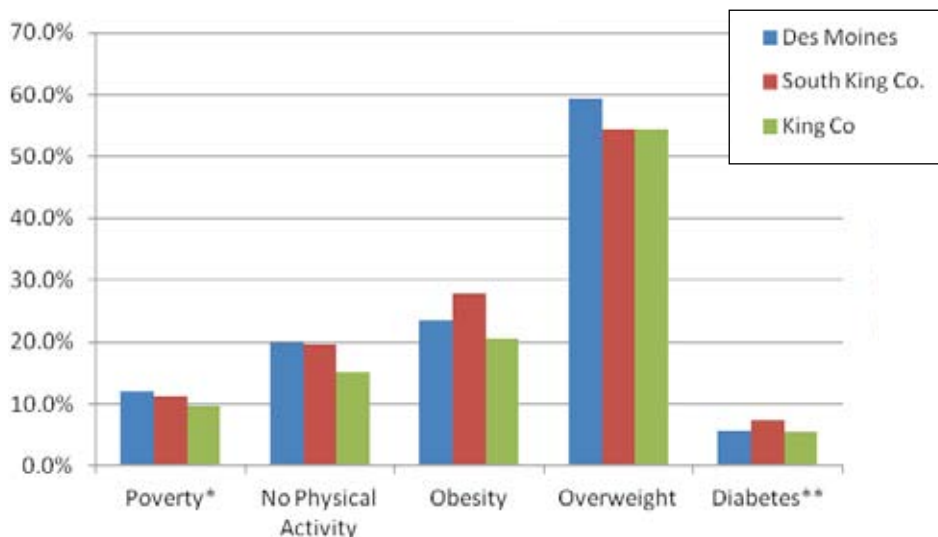
Des Moines Indicators and Gaps

Assessing the Current Situation

In the past decade, there has been an overall increase of obesity and chronic diseases in King County. Data show that people living in South King County bear a disproportionate burden of poor health and poverty compared to other parts of the Country.

Poor nutrition and lack of physical activity are primary risk factors contributing to major health conditions such as obesity, heart disease, diabetes, and certain cancers. While people's health is influenced by personal decisions, it is also shaped by how our community is designed and built; such as land use, the transportation systems, and the location of parks, recreation facilities, public buildings, and other services. National research has shown that in communities where healthy food options like fresh fruits and vegetables are available, residents have better diets and lower rates of obesity and diet-related chronic disease. Similarly, people tend to be more active when they can easily access key destinations such as parks, schools, workplaces, and shops by walking and biking.

Community Indicators (2005-2009)



CPPW consultant research identified gaps in access to nutritious foods and beverages and active living in Des Moines.



"As a community, we are working to build a healthier food and physical activity landscape. We are creating nutritional guidelines and sharing health practices through youth and adult activities, community gardens, and by providing nutritious foods and beverages at our City-sponsored meetings. Ultimately, we are trying to put health-promoting options within reach of community members."

*~Denise Lathrop,
Planning Manager*

Healthy Des Moines COUNTS

500+ CPPW consultant hours to assist Des Moines in assessing current situations and planning for change

Gaps in Access to Nutritious Foods and Beverages

Assessment data shows that Des Moines has an “unbalanced food environment”—that is, there are far more opportunities to buy junk food and fast food than nutritious foods. In addition, there are low income areas that are not within reasonable walking distance (i.e., greater than one-half mile) of a grocery store or market that provide fresh food.

Internal food and beverage assessments indicated gaps in nutritious food and beverage procurement policies across City departments for City-sponsored meetings and programs and at City facilities.



Gaps in access to nutritious foods and beverages

+ Gaps in Healthy Eating & Food Access

- Des Moines' Obesity Rate (18+ yrs) = 18.8%
- Over 85% of the City is > ½ mile from a supermarket (including some low-income areas)
- 4,200 residents (14%) are enrolled in SNAP in 2008
- > 5 times the number of fast food/convenience stores than supermarkets/small grocery/produce stands/farmers markets

City of Des Moines RFEI = 5.25

11 Fast food restaurants + 10 Convenience stores

3 Supermarkets + 0 Small grocery stores + 0 Fruit/vegetable stands + 1 Farmer's markets

Gaps in Access to Active Living

A current conditions assessment for Safe Routes to School near Des Moines' elementary schools (Midway, Des Moines, North Hill, Woodmont, and Parkside) shows that some improvements along the roadside, such as sidewalks or even widened shoulders are needed to make it easier and more comfortable for children and their families to safely walk and bike to school.



Derek Severson, Physical Education Specialist, Midway Elementary School, participates in Midway's Safe Routes to School Audit



Safe and Complete Streets Audit Max Buchanan, Cascade Bicycle Club, Brandon Carver and Amy Swartz, City of Des Moines Transportation Division

Best Practices, Policies, Tools and Guides

PHSKC consultants developed the following best practices, policies, tools, and guides; and provided training workshops to educate staff, leaders, and stakeholders to influence policies, systems, and environment changes.

14 best practices nutrition environment and physical activity environment policy areas and change strategies were targeted:

Nutrition Environment:

- Nutritious Food and Beverages at City-sponsored meetings
- Nutritious Food and Beverages at City-run programs
- Nutritious Food and Beverages in concessions/vending
- Farmers Markets
- Community Gardens
- Urban Agriculture
- Updates to Comprehensive Plans

Physical Activity Environment:

- Joint Use Agreements
- Complete Streets
- Bike and Pedestrian Trail Plans
- Safe Routes to School
- Transportation Plans
- Mixed Use Land Planning
- Updates to Comprehensive Plans

Des Moines' Food Landscape

An assessment was conducted to gain an understanding of Des Moines' existing food environment. CPPW consultants reviewed the key findings to evaluate policy recommendations that allow for increased healthy food options. Produced by URBAN FOODLINK, the UW Northwest Center for Livable Communities, SvR Design Company, and Collins Woerman.



Food Access Policy and Planning Guide

A guide was assembled to support municipalities in improving their food environments by increasing access to nutritious food. The guide includes strategies being used across the USA. Produced by UW Northwest Center for Livable Communities.

Healthy Des Moines COUNTS

4+ Best practices, tools and guides developed by PHSKC consultants and Des Moines



Des Moines' Digital Story: "Imagining Community"

Basil Weiner encourages you to get involved with any community space that can help keep youth engaged, active and thinking! With your help, a local community center, sports program, after-school program and garden will continue to be a great place for kids and teens to grow and learn. You can give money, time as a volunteer; or you can advocate for the value of these resources to your local, state, and federal lawmakers. Imagine community and then build it!

<http://www.mappingvoices.org/story/video/imagining-community> or
<http://vimeo.com/channels/cppwmove#26985298>



City of Des Moines Safe Routes to School Project Prioritization Report

This report provides a suggested strategy for prioritizing Safe Routes to School (SRTS) projects for six Des Moines elementary schools. Engineering measures for SRTS include the design, construction, and maintenance of physical infrastructure that can improve the safety and comfort of students biking and walking to school. Produced by SvR Design Company and Alta Planning and Design (with support from Des Moines).

A Guide to Complete Streets

A Guide to help Local Jurisdictions develop, adopt, and implement Complete Streets ordinances into street designs. Produced by Cascade Bicycle Club.



Active Communities Guidebook, Approaches to Increase Physical Activity in Central Puget Sound

The City of Des Moines provided content and is highlighted in the Puget Sound Regional Council's new "Active Communities Guidebook, Approaches to Increase Physical Activity in Central Puget Sound."

The guide includes how to address equity, health impact assessment, land use approaches (open space and recreation planning, shared use agreements, physical design, compact development) and transportation approaches (bicycle and pedestrian planning, complete streets, multimodal concurrency, safe routes to school). The guidebook has been designed as a resource for all four counties and their cities in the central Puget Sound region.

Multimodal Level of Service in King County

A Guide to Incorporating All Modes of Transportation into Local Jurisdictions' Roadway Performance Measurements. Produced by Cascade Bicycle Club.



Des Moines Interview with KUOW:

"King County's Complete Streets Hopes to Reverse Health Effects of Sprawl"

View Denise Lathrop's interview by Ruby de Luna of KUOW at: <http://kuow.org/program.php?id=26764>



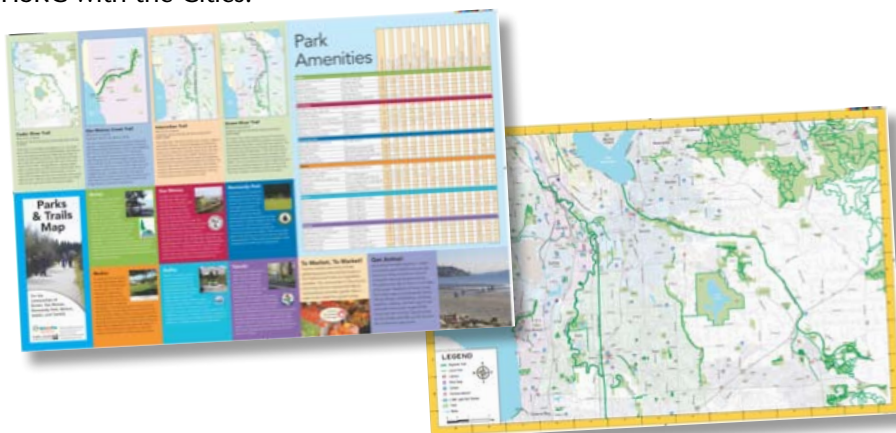
Des Moines' Digital Story: "Step-by-Step"

Sue Anderson reflects back on walking to elementary, middle, and high school in Sedro Woolley on safe streets, and her work with the City of Des Moines, the Highline Communities Coalition, and the Communities Putting Prevention to Work Coalition as they work together to provide safe routes to school and inspire lifelong walkers. She invites everyone to join in on creating safe streets in neighborhoods for all children, families, pets, and everyone - Step-by-Step.

<http://www.mappingvoices.org/story/video/step-step>

South King County Parks & Trails Map

The map highlights parks, amenities, and trails within the communities of Des Moines, Burien, Normandy Park, Renton, SeaTac, and Tukwila. Produced by PHSKC with the Cities.



Midway Elementary Walking Audit

An overview of Midway Elementary School, the school walking and biking environments, field observations, and recommendations for improvements. Produced by Feet First, the Bicycle Alliance of Washington, and Highline Public Schools.



Shared Use for Washington State: A Toolkit to Guide Community Partners in Forming Successful Agreements

The guide provides an introduction to, and recommended steps toward, agreements. Des Moines is highlighted in the guide. Produced by Childhood Obesity Prevention Coalition.

Healthy Des Moines COUNTS

Des Moines participated with Public Health – Seattle & King County in the development of a new Regional Parks & Trails Map and is disseminating **6,000** copies across the City

1 new Resolution No. 1196 establishing July 11, 2012 as Des Moines Parks and Recreation Day and the month of July as Parks and Recreation Month (building a healthy and active City)



Des Moines Creek Trail



Des Moines Beach Park



Sonju Park

Community Engagement/ Consultation

Des Moines Citizens and Advocates are Cultivating a Healthier Des Moines!

Welcome to Daisy's Garden—A Des Moines' First! Des Moines' citizens and advocates are shaping their community's future by providing leadership, consultation, and advocacy to increase access to fresh, local, nourishing foods, and physical activity in our neighborhoods.



Des Moines Councilmembers: Matt Pina, Dave Kaplan and Bob Sheckler and garden representatives: Kim Richmond (resident, Project Manager and Garden Steward), Ellie Richmond (resident gardener), and Nick Arnold (resident, Team Lead and Buildings Manager) celebrate at the Daisy Sonju Community Garden and Pea Patch Dedication and Ribbon Cutting Ceremony



Des Moines community celebrating the 2011 opening of our Daisy Sonju Community Garden and Pea Patch



Sonju Park: Representatives of Pathway to Career Corps, JustServe, AmeriCorps, collaborating to cultivate Daisy Sonju

Leading the Way for Active Living and Safe Routes to School



In October 2011, Highline School District leaders, youth, and families, along with the City of Des Moines and other community leaders and advocates, collaborated to kick-off the new Safe Routes to School program at Midway Elementary School.

Healthy Des Moines COUNTS

1 Daisy Sonju Community Garden created with volunteer and City leadership. (**22** pea patches and **21** gardeners)

40 attendees at the Daisy Sonju Community Garden Dedication



*Kim Richmond makes the first produce delivery from Daisy Sonju Community Garden to Megan Woodworth, at the Des Moines Area Food Bank (**450+** pounds donated)*



5 editions of Des Moines' City Currents reached **12,588** households and **29,673** residents with articles on nutritious foods and beverages and safe places for active living

500 students and family members, City and School staff, walked to Midway Elementary school as a part of Midway's Safe Routes to School program

Systems Working Together: Comprehensive Planning for Health

The policies relating to land use, food access, nutritional standards, and the transportation system have a strong influence on people's lifestyles and in promoting a Healthy Des Moines. Des Moines' staff assimilated PHSKC consultant grantees' best-practice research to craft goals, policies, and strategies for a new "Healthy Des Moines Element" and to weave throughout the Land Use, Transportation, and Parks, Recreation, and Open Space Elements within the Des Moines Comprehensive Plan.

The new adopted goals, policies, and strategies are highlighted on the following pages.

Healthy Des Moines Element – New!

Goals

- Participate in the Healthy Highline Communities Coalition to coordinate with surrounding communities to improve access to physical activity and healthy foods and facilitate the long-term implementation of the Healthy Des Moines Initiative.
- Develop public, private, and non-profit partnerships to support the goals of and sustain the Healthy Des Moines Initiative.

Policies

- Support policy, systems, and environmental changes that result in increased access to healthy foods, with an emphasis on school-age children.
- Provide healthy food and beverages in City-sponsored meetings and programs and at City facilities to promote balanced food choices.
- Continue to support the Des Moines Food Bank, Farmer's Market, and other organizations that help provide food assistance to low-income residents so that all families, seniors, schools, and community-based organizations are able to access, purchase, and increase intake of fresh fruits, vegetables, and other non-processed food.

Strategies

- Adopt a Healthy Food Resolution and create a long-term action plan.
- Implement nutritional standards and healthy food procurement policies in City-owned and operated facilities and across departments.



*Des Moines shares space with the Des Moines Waterfront Farmers Market. **1,500** attendees visited the Healthy Des Moines booth to learn about nutritious foods and beverages and safe places for active living in our neighborhoods*

Healthy Des Moines COUNTS

1 new "Healthy Des Moines" Chapter 12 adopted into the Des Moines Comprehensive Plan totaling (**7** new goals, policies, and strategies) and **13** new goals, policies, and strategies were adopted and woven into the Land Use, Transportation, and Parks, Recreation and Open Spaces Elements



Children enjoying nourishing raspberries

At Des Moines' "Create and Celebrate" children enjoy nourishing raspberries and select and color nutritious foods and beverages on their "Choose My Plate" placemats. Children took their laminated placemats home as a reminder to include fruits and vegetables on their plates. www.choosemyplate.gov



Land Use Element

Background & Context

Goals, policies, and strategies relating to land use, food access, and the transportation system have been shown to influence the health of our local economy as well as the health of our citizens. The City of Des Moines supports land use arrangements and mixes that promote complete communities with access to employment, shopping, and leisure activities in a safe, inviting, and walkable environment.

Goal

Remove physical and regulatory barriers to healthy food access in support of improved nutritional eating, reduced incidence of hunger, and increased opportunities for physical activity.

Policies

- Support fresh food distribution through farmers markets, urban farm stands, urban agriculture, community gardens, and Community Supported Agriculture programs.
- Encourage mixed-use, pedestrian, and transit-oriented development along major transit corridors and near transit nodes to enable residents to be physically active through daily activity, such as walking to school, work, and shopping.
- Support concentrations of neighborhoods, community, and retail amenities and services in close proximity to residential neighborhoods.

Strategies

- Consider development regulations that allow farmers markets, urban farm stands, Community Supported Agriculture distribution locations, and community gardens as permitted uses and provide for the on-site sale and delivery of healthy food and beverages.
- Support joint-use agreements for potential sites, such as publicly-owned, school or church properties, to allow community gardens and operation of mini farmers markets, farm stands or Community Supported Agriculture distribution to increase access to fresh produce.



"Our City takes an interest in urban agriculture and shared land use as a way to promote health, to support economic and community development, and improve the urban environment."

~Laura Techico
Des Moines' Land Use Planner

Healthy Des Moines COUNTS

1 Des Moines' Food Access Team meeting picture on the front page of a national journal <http://agdevjournal.com>

1 UW NW Center for Public Health Practice Spotlight Highlights Des Moines as a model — "Systems Working Together: Comprehensive Planning for Health" <http://www.nwcp.org/news-events/spotlight/comprehensive-planning-for-health/des-moines>



Transportation Element

Policies

- Consider multi-modal transportation options by providing enhancements to the roadside (widened shoulders and sidewalk where feasible) with connections to civic facilities, recreation areas, education institutions, employment centers, and shopping.
- Support “Safe Routes to School” programs and education campaigns on traffic, bicycle, and pedestrian safety in consultation with school districts.

Strategies

- Develop multimodal LOS standards as a way to measure and select transportation projects by mode during the next CTP update.
- Encourage new commercial development to implement measures that promote greater use of transit, carpools, van pools, and bicycles, and increase opportunities for physical activity.

Collaborating for Active Living and Safe Routes to School!

The City partnered with the Highline School District who led a collaborative effort to make it easier for children and families to be active and to walk to school.



John Vander Sluis, Bicycle Alliance of Washington; Val Allan, Counselor, Highline School District; Denise Lathrop, Des Moines Planning Manager; Rebekah Kim, Midway Elementary School Principal



Safe and Complete Streets—216th before Phase 1 improvements (left). After Phase 1 improvements (right).

Walking or bicycling on this busy roadway was a challenge. Des Moines makes Phase 1 improvements and adopts a Complete Streets policy to provide streets with sidewalks for pedestrians and designated lanes for bicyclists.

“The City aims to make our streets safe and complete for not only vehicles, but bikers and walkers of all ages as well.”

*~Brandon Carver,
Des Moines’ Associate
Transportation Engineer*



Brandon Carver, Associate Transportation Engineer and Kory Batterman, Community Service Officer City of Des Moines

Healthy Des Moines COUNTS

1 New “Complete Streets” Ordinance No. 11-110 unanimously adopted. The new ordinance insures that the right-of-way is planned, designed, and operated to provide safe access for all users via automobile, foot, bicycle, wheelchair, and transit.

Having a “Complete Streets” ordinance will also allow the City to compete for future grant monies on State Highways through Des Moines, such as Kent-Des Moines Road.

3 Funding applications submitted for Safe and Complete Streets.

Parks, Recreation, and Open Space Element

Policies

- Provide fresh food and beverage options in City-sponsored meetings and recreational programs to promote healthy eating habits.
- Identify City park lands as possible locations for community gardens, fruit/vegetable stands, mini farmers markets, and Community Supported Agricultural (CSA) distribution sites to improve access to fresh food.
- Support joint-use agreements for publicly-owned property, schools or church properties, to increase opportunities for active living.

Closer collaboration between the Des Moines Parks, Recreation, and Senior Services Department, the Des Moines Area Food Bank, Highline Public Schools, Des Moines Waterfront Farmers Market, Catholic Community Services, Sea Mar Community Health Center, and funders to provide nutritious summer meals, snacks and nutrition education, and active living activities in our neighborhoods.



Benigne Muhayimana is a model "Junior Health Educator" in Des Moines summer nutrition education program!



Des Moines' Senior Nutrition Program with Catholic Community Services



Abbie Nielsen and Sue Padden provide a nutritious choice at the Beach Park Auditorium Ceremony with 400 attendees (raspberry/blueberry cups)



Des Moines shares space with community partners to increase opportunities for physical activity. Tenacious "D" at a Three-on-Three Tournament at the Marina – Tyler Olson, Austin Harris, Erik Anderson, and Christion Breed.

Healthy Des Moines COUNTS

220 Participants each month receive nutritious meals at Des Moines' Senior Nutrition Program



1,450 "Goodie Bags" with nutritious snacks and messaging

200+ youth receive nutritious snacks monthly at Des Moines Before and After School Programs

1 New National Recreation and Park Association grant awarded (**7200+** summer nutritious meals and snacks served at **4** Des Moines locations)

150 youth/week received **1** New **10** week nutrition education program piloted at Camp KHAOS and **2** other summer lunch snack programs

1 Model Joint Use Agreement (between the Highline School District and **4** Cities) in progress to increase access to active living and nutritious foods and beverages

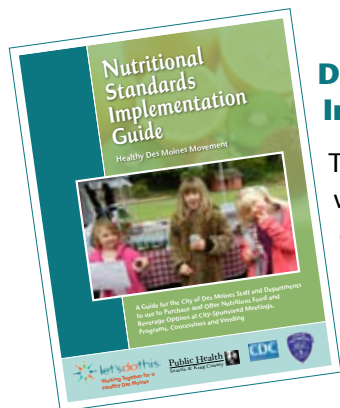
Ongoing Implementation and Evaluation

The Healthy Des Moines Initiative implements the goals and requirements of the Washington State Growth Management Act as well as public health goals set at regional and national levels. The City Council and staff, community leaders, residents, partners, and advocates will continue moving toward long-term outcomes for health equity in our community. The information and resources previously highlighted in this report and those listed below will serve as a roadmap to continue to build on our successes for lasting change!



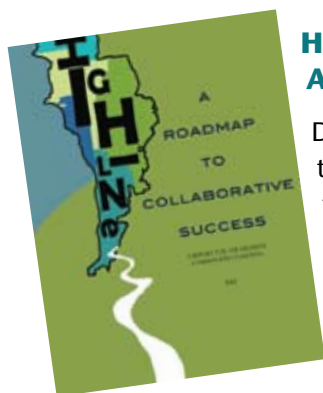
Des Moines' Outcomes and Partners Report (July 2010-August 2012)

This report highlights Des Moines' work with CPPW partners and the City's processes and outcomes to change policies, systems, and environments within 14 policy areas. The report will be a living document that will help sustain our Healthy Des Moines Movement. Produced by the City of Des Moines.



Des Moines' Nutritional Standards Implementation Guide

The Nutritional Standards Implementation Guide will help City staff and departments purchase and offer nutritious food and beverages options at City-sponsored meetings, programs, concessions, and vending. Produced by the City of Des Moines.



Healthy Highline Communities Coalition: A Roadmap to Collaborative Success

Des Moines will continue to be an active leader in the HHCC. This report assists the HHCC in building the infrastructure for a strong multi-City/Schools partnership and a strategy for enacting community-wide social change in the region. Developed by the University of Washington Community-Oriented Public Health Practice Program (with HHCC).



National Centers for Disease Control and Prevention, City staff and PHSKC meet at Des Moines' Daisy Sonju Community Garden to hear about Des Moines' CPPW grant implementation. Left: Ursula Bauer (CDC), Sarah Ross-Viles and Ryan Kellogg (Public Health – Seattle and King County CPPW Program Managers), Sue Anderson, Denise Lathrop, Basil Weiner, Patrice Thorell and Kim Richmond (City of Des Moines Representatives), Amalia Leighton (CPPW Consultant/SvR Design Company)

Healthy Des Moines COUNTS

- 1** Des Moines Local Championship Award (from the CDC)
- 1** Outcomes and Partners Report
- 1** Des Moines *Nutritional Standards Implementation Guide*
- 1** Healthy Highline Communities Coalition: A Roadmap to Collaborative Success Report

We hope you enjoyed our Outcomes and Partners report!



Public Health
Seattle & King County

